

FOOD AND HEALTH VALUE OF THE APPLE

Mrs. Anna B. Scott, Food Economist, Gives New Ways to Use the Fruit and Reduce the Cost of Living

NEARLY every one knows the old adage, "An apple a day keeps the doctor away." This is indicative of the health value of our most common and popular fruit.

Most persons are aware that apples are healthful. Not so many, however, know that they are among the most nutritious of fruit foods.

Of course, apple pie is the first and foremost of all pies. Once upon a time Henry Ward Beecher preached a sermon on apple pie. And in that sermon he urged all cooks to be careful of the crust.

If this were to be a sermon on apples, the emphasis would be placed on the apple as a nourishing, body building, health preserving food. For the object of the tests and experiments made by Mrs. Anna B. Scott in securing material for the information here was to ascertain the food value and food uses of the apple.

In the first place, she secured from data obtained by the United States Government official figures concerning the food value of apples. According to these figures, the fuel value per pound of raw apples is 290 calories. Translated into terms of everyday dinner tables, this means that apples have nearly three-fourths the nourishment of potatoes, and potatoes are regarded as a pretty solid and dependable sort of food.

In bulletin No. 295, issued by the Department of Agriculture, is a table showing how much energy can be bought for a dime when invested in different kinds of food.

The first food on this list is apples. And the Government tests show that 10 cents worth of this brand of goodness will yield 1,467 calories—heat producing units—and that no other fresh fruit in the entire list approaches this record.

Now, the object of this article is to show people how to get not only new and better dishes out of long used fruits and foodstuffs but how to save money in the bargain.

The recipes here given are the fruit of personal experimentation in a home kitchen quite like the ordinary one in which they will be used out. For besides being one of the best known cooking experts and food economists in this country, Mrs. Scott is a practical housekeeper, and her directions always are based on what has proved successful in her own home.

APPLES FOR FOOD AND FOR HEALTH.

By Mrs. Anna B. Scott.

Nearly 200,000,000 bushels of apples were used in the homes of this land last year, yet if I could speak a personal word to every American housewife I would say, "Eat more apples."

The apple is a great and good food. And it is cheap! I do not mean by this that apples are as cheap as some other kinds of food, but I do mean that when we consider flavor, food value and many ways of using the apple is one of the most reasonable good foods which come into the home. For this article I have selected just those recipes and uses which, after my tests and experiments, seem to me best suited to the food and health and palate needs of the average person.

I believe in considering the palate, as well as the stomach and the pocket! In buying apples always get them in good condition. As a rule, the sound fruit is the soundest investment.

Of course if you live in an apartment or a house where there is no place cool enough to store apples you will be compelled to buy in small quantities. But if you have a house with a cool cellar—in which there is no heater—or an attic of the right sort, you can get them by the barrel and thus save on the cost.

Apple Sage Soup.

- 2 cups grated apples.
 - 2 cups milk.
 - 4 tablespoons sage.
 - 1/2 teaspoon salt.
 - 1 tablespoon butter.
 - 1/2 cup flour.
- Wash the sage, put it on to boil in three cups boiling water, boil until clear, about 20 minutes; add milk and salt, then butter and flour together until smooth and add; boil 5 minutes; add the grated raw apples and bring to a boil. Serve at once. Croutons are nice served with this soup.

Apple Sauce Cake.

- 2 cups apple sauce.
 - 2 tablespoons shortening.
 - 1/2 cup sugar.
 - 1 slightly rounded teaspoon baking soda.
 - 1 tablespoon water.
 - 1/2 teaspoon cinnamon.
 - 1/2 teaspoon nutmeg.
 - 2 cups flour.
- Cream the sugar and shortening together; then add the apple sauce, to which you have added the baking soda dissolved in water; mix well and add the sifted flour, cinnamon and nutmeg; mix. Line two 9 inch pans or pie plates with paper, put in mixture and bake 20 minutes in moderate oven.

Apple Sandwiches.

- Take bran or whole wheat bread cut thin and spread thin with peanut butter. Wash, pare, quarter, core and slice the apples very thin, spread between the bread.

Old Fashioned Brown Betty Pudding.

- 6 cups apples, cut fine.
 - 2 cups bread, cut in cubes.
 - 1 cup brown sugar.
 - 2 teaspoons butter.
 - 1/2 teaspoon cinnamon.
- Brush a pudding pan with butter, put 3 layers of apples on the bottom, a layer of bread and half the sugar; add another layer of apples, the remainder of the bread, the remaining apples and cover with the rest of the sugar and dust with cinnamon. Add 1/2 cup hot water, cover and place in moderate oven thirty minutes, or until the apples are tender. Remove the cover and brown. Serve with hard or lemon sauce.
- Lemon Sauce—Put 1 cup of water into a saucepan, add 1/2 teaspoon of cornstarch wet with a little cold water, 1/2 cup sugar, half 10 minutes. Strain lemon juice and a little grated lemon rind, 1/2 teaspoon of caramel and a pinch of salt; boil three minutes.

Apples With Whipped Cream.

- 2 quarts of quartered apples.
 - 1/2 cup brown sugar.
 - Pinch of salt.
- Wash, pare, quarter and core the apples; lay in a casserole dish, cut side down; cover with brown sugar and sprinkle with salt. Bake in hot oven until tender. When cold serve in ice cream glasses with whipped cream.

Baked Apples With Brown Sugar.

- 1/2 cup light brown sugar.
 - 6 large apples.
 - 2 teaspoons butter.
 - 1 cup whipped cream or 1/2 cup before whipping.
- Wash, pare and core the apples; mix half the sugar with the butter and fill the core. Brush the apples with a little butter, put in the apples, sprinkle with the remainder of sugar; add 1/2 table-spoon of cold water; cover pan and bake twenty minutes in a moderate oven; remove cover and bake ten minutes. Remove to glass dish and when cold garnish with whipped cream.

Apple Fritters.

- 6 medium sized cooking apples.
 - 1 cup milk.
 - 1 cup flour.
 - 1 teaspoon baking powder.
 - 1/2 teaspoon salt.
 - 1 egg.
- Wash, pare and core the apples; cut into rounds 1/4 inch thick. Dip into the batter and then fry in deep, hot fat or oil. Dust with pulverized sugar.
- Batter—Sift flour, baking powder and salt into a bowl; add milk slowly and the well beaten egg; mix well.

Apple Pudding.

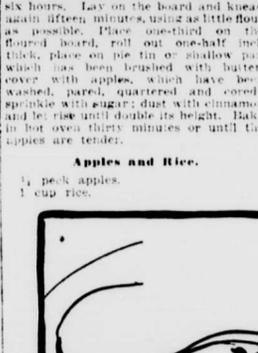
- 6 medium sized apples.
 - 2 tablespoons butter.
 - 1/2 cup sugar.
 - 1/2 cup milk.
 - 1/2 teaspoon baking powder.
 - 1 cup flour.
- Wash, pare and slice the apples into a pan's head, which has been brushed with a little melted butter; cream the butter and sugar together; add the milk slowly, then the sifted flour and baking powder; pour over the apples. Bake in a hot oven 20 minutes.

Raised Apple Cake.

- 4 quarts quartered apples.
 - 1 cup scalded milk.
 - 1/2 cup lukewarm water.
 - 1/2 yeast cake.
 - 1 1/2 teaspoons salt.
 - 11/2 teaspoons salt.
 - Flour enough to make a stiff dough.
 - 4 tablespoons sugar.
 - 1/2 teaspoon cinnamon.
- Add the salt to the milk and cool until lukewarm. Mix the yeast with the water and add it. Stir in enough sifted flour to make a stiff dough. Place on the board and knead about fifteen minutes, until smooth and elastic; return to the bowl and cover closely to exclude the air; set in a warm place and let the dough rise until double its bulk, about six hours. Lay on the board and knead again fifteen minutes, using as little flour as possible. Place on a third board, the floured board, roll out one-half inch thick, place on pie tin or shallow pan which has been brushed with butter, cover with apples, which have been washed, pared, quartered and cored; sprinkle with sugar; dust with cinnamon and let rise until double its height. Bake in hot oven thirty minutes or until the apples are tender.

Apples and Rice.

- 1/2 peck apples.
- 1 cup rice.



Some of the new low shoes and the inside lace boot.



Apple Pie.

- 1 cup flour.
 - A few grains of salt.
 - 8 apples.
 - 1/2 cup sugar.
- Line a pie tin with cold crust and add the lard and rub in very lightly; add just enough cold water to hold together. Place on floured board and roll out 1/4 inch thick. Line the pie plate. Wash, pare, quarter and core the apples, place on dough, cut side down, sprinkle with the sugar and bake in hot oven 20 minutes or until the apples are tender.

Sliced Apple Pie.

- 1 quart sliced apples.
 - 1 1/2 cups flour.
 - 2 tablespoons lard.
 - 1/2 teaspoon salt.
 - 1/2 cup sugar.
- Sift the flour and salt into a bowl; add the lard and rub in very lightly; add just enough cold water to hold together. Place on floured board and roll out 1/4 inch thick. Line the pie plate. Wash, pare, quarter and core the apples, place on dough, cut side down, sprinkle with the sugar and bake in hot oven 20 minutes or until the apples are tender.

Apple Pancake.

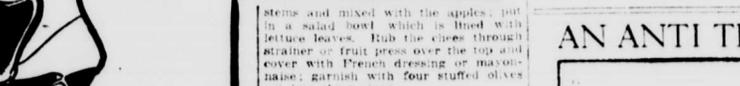
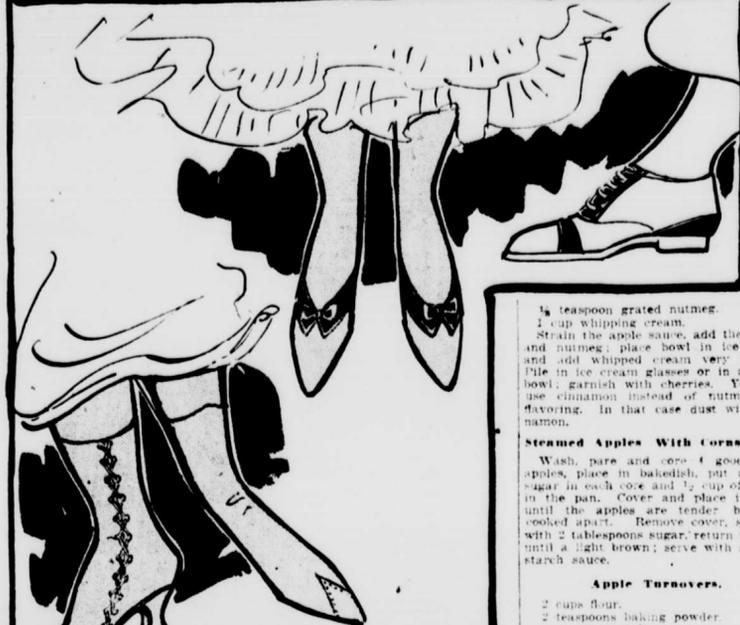
- 1/2 peck sour apples.
 - 1 pint cranberries.
 - 1 cup chopped raisins.
 - 3 inch piece stick cinnamon.
 - 1/2 teaspoon grated lemon rind.
 - 4 cups sugar.
- Wash the apples, remove stem and blossom and quarter; put in agate or porcelain lined kettle with the cranberries, which have been washed and cut in half; add the raisins, cinnamon, lemon rind and 2 quarts of cold water; boil slowly 40 minutes; add 1 quart of water or as much as has boiled away; add sugar, boil 10 minutes. Strain through a very fine strainer or cheese-cloth bag. When cold add 2 tablespoons lemon juice, serve with finely crackered ice.
- There should be twelve half pint glasses when done.

Steamed Apple Pudding.

- 4 cups sliced apples.
 - 4 thin slices buttered bread.
 - 1/2 cup brown sugar.
 - 1/2 teaspoon salt.
 - 1/2 teaspoon cinnamon or 1/4 teaspoon grated nutmeg.
- Put the apples in the bottom of a dish with half the sugar; dust with cinnamon and a little butter; then the slices of the buttered bread (only one layer of bread); the rest of the apples, sugar, cinnamon and salt. Cover and set in a pan of boiling water 1 hour or until the apples are tender.

Apple, Watercress and Cheese Salad.

- 1 quart finely cut apples.
 - 1 pint watercress.
 - 1 Neufchatel cheese.
 - 1/2 cup French dressing or one cup mayonnaise.
 - 4 stuffed olives.
- The watercress is picked from the stems and mixed with the apples, put in a salad bowl which is lined with lettuce leaves. Rub the olives through a strainer or fruit press over the salad; cover with French dressing or mayonnaise; garnish with four stuffed olives cut into three rings.



Apple Souffle.

- 2 cups grated apples.
 - 2 cups sugar.
 - 2 tablespoons sugar.
 - 1/2 teaspoon cinnamon.
 - A few grains of salt.
- Beat the whites of eggs until dry, add sugar and salt; fold in the apples. Brush an earthen dish with a little butter and pour in the mixture; dust with pulverized sugar and cinnamon; place cover with French dressing or mayonnaise; garnish with four stuffed olives cut into three rings.

Apple Charlotte.

- 2 tablespoons granulated gelatin.
 - 2 cups stewed apples.
 - 1 cup whipping cream.
 - 1 cup sugar.
 - 1/2 teaspoon grated nutmeg or 1/4 teaspoon vanilla or lemon juice.
- Soak the gelatin in 2 tablespoons of cold water 10 minutes; strain the apples. Dissolve the gelatin with 1/2 cup of boiling water and add to the strained apple sauce, which has been sweetened and flavored. Place the bowl in cold water and begin beating when it begins to form add the cream, which has been whipped, and mix very lightly or rather desert; fill in six-inch cups or in ice cream glasses, put the glasses in pan of cold water, put in oven and bake until firm. It will not burn the glasses, as I bake all my custards in that way.

Plum Dumplings With Apples.

- 1 quart apples.
 - 1/2 cup brown sugar.
 - 1/2 teaspoon cinnamon or 1/4 teaspoon grated nutmeg.
 - 1 cup flour.
 - 1/2 teaspoon baking powder.
 - 1/2 teaspoon salt.
- Wash, pare and core the apples; quarter and place them in a saucepan which has a close fitting lid; add 1 cup of water; cover and boil 15 minutes. Sprinkle the sugar and cinnamon or nutmeg over and place the dumplings on, cover and boil 10 minutes without lifting the lid. Serve with milk.
- Dumplings—Sift the flour, salt and baking powder into bowl; add 1/2 teaspoon lard and rub in lightly; add the milk slowly. Take a teaspoon into floured hand, roll, and when all is rolled place on top of the apples.

Apple Whip.

- 3 cups apple sauce.
- 1/2 cup sugar.

FANCY SHOES OF THE SEASON RIOT IN COLOR

Blue as Well as Tan and Biscuit and White Leathers Used—Spectacular Decorative Schemes—Heels Not Very High

By Eleanor Hoyt Brainerd.

IF one were to judge by the displays in the shoe shop windows, one would be forced to the conclusion that black boots and shoes are things unknown to this year of grace.

It is reassuring to find upon going inside the shops that one need not be forced into choosing between high boots of palest biscuit kid and high boots of black kid with white patent leather trimmings or high boots of dark blue leather with biscuit laces and trimmings. One can still buy a plain pair of black or tan boots, and in all human probability a large majority of women will buy and wear such boots; but there's no denying the fascination of some of the fancy footwear and a casual survey of any Saturday afternoon crowd on Fifth avenue will prove that a host of women have yielded to the lure.

The boot with black vamp and pale biscuit or castor uppers has been a great favorite for months past and the mode has been lamentably abused. If there is anything in the line of footwear much less attractive than a pair of these fanciful, light topped boots, soiled, shoddy and run over at the heels, it must be a lamentable sight; but when immaculate, shapely and on a small, slim foot the fancy boot is a charming thing.

New models reduce the trimmings or contrasting leather to a very slender point on the toe, perhaps some trimming on the heel and bindings for the lacing. A white or biscuit boot, for example, will have this slight ornamentation in black patent leather. Possibly the lacing is on the inside of the boot instead of on the front.

White boots are trimmed with russet leather as well as with black patent leather and some exceedingly good low shoes for tennis and other sports wear are made up in this brown and white combination. A really fancy sports shoe would of course be an abomination, but these are fashioned on the approved lines and really have a very knowing air, the russet leather, cleverly applied, having a tendency to make the foot look less enormous than it usually does in an all white tennis shoe.

The light biscuit high boots of kid are very attractive as light hued boots go. So are similar models in light gray and in a shade that is variously called sand and putty, according to the color sense of the salesman who shows them. These boots at their best are absolutely plain, beautifully cut and finished and soft as a glove. At anything less than their best they have nothing to recommend them; and as for the blue boots with dull gold laces, one cannot imagine a woman of good taste giving them a moment's serious consideration.

In low shoes fancy effects always seem less spectacular, and though much emphasis is at the moment laid

upon boots, and boot tops are climbing higher in an effort to keep pace with the shrinking skirts of fashionable frocks, the shoemakers evidently expect women to do over to low shoes when warm weather comes, quite as they always do. Then will history have its inning, and if American women submit to the French verdict in regard to skirt length silk stocking extravagance will be more general than ever this summer. If eight inches of stocking must show, even when one walks demurely, those eight inches will be silken even though the wearer belongs on the minimum wage list.

There are many delightful things among the low shoes. For general wear there are of course the ship-shape, practical models in black or russet, smart patent leathers without fancy trimmings, etc. The black shoes with biscuit or sand or gray tops are as popular as ever and take on new details by way of variety.

These low shoes sometimes lace on the inside, as do the newest fancy boots. Or possibly the light tops button with two buttons well toward the outside of the shoe, or the light quarters are cut in one with a rather wide strap that buttons across the instep.

White and black in every possible combination appear among the low shoes. There are black patent leathers with all the seams showing the narrowest possible line of white, and there are white shoes trimmed in like fashion with black. There are shoes with black vamps and white quarters, white shoes with pointed tips and lace casings of black, black patent leathers with wide white borders at the tops and white buckles framed in black.

Buckles of white enamel bordered narrowly with black and buckles of the same kind in black with borders of white are much liked and buckles and ornaments of bright jet are much used on white shoes and slippers. Even into some of the handsomest rhinestone buckles jet is introduced, a catch of bright cut jet being set in massed rhinestones or a row of small cut jets bordering an ornament of rhinestones.

White shoes and slippers of suede or buckskin are sometimes trimmed very sparingly in green or blue suede, but the effect is hardly to be commended. The gray leathers are used for low shoes as for boots and some of the gray shoes with leather vamps and matching cloth quarters are extremely smart looking without being faddish or conspicuous.

Bronze is to be had in both boots and shoes, the boot being either entirely of bronze leather or of bronze leather and cloth to match, while the shoes are usually entirely of the bronze kid.

Both Cuban and Spanish heels are liked, and the French heel is, as always, used on many dress shoes and slippers, although it is seldom extravagantly high. A long pointed toe reminiscent of French shoemaking appears in some of the new boots and shoes, but as a rule the shapes are about what they have been.

FANCY WORK.

THE clever productions of antique designs of chintz, cretonnes and printed linen have often been recommended to emboldenness as full of suggestions for several types of embroidery, as well as to housewives in

AN ANTI TRIUMPH



SOME WOMEN MAKE A VIRTUE OF NECESSITY. "The plain woman should dress to bring out her homeliness this spring. To be smart one must be strikingly individual. New styles stamp prettiness as vulgarity and fashion has decided to replace beauty with art."—Fashion Note.